

Group Exercise Class Descriptions

Locations: S1- Studio 1 / S2- Studio 2 / DS- Dance Studio / SMB- Spirit Mind Body Center / HLC- Healthy Living Center

Les Mills BODYPUMP

BODYPUMP is for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

BOKWA

Bokwa® is a new and completely different approach to group exercise that is rapidly spreading across the globe. Participants draw letters and numbers with their feet while performing an energizing and addictive cardio workout routine. Moving together to today's most popular music, participants of all ages draw the Bokwa® L, 3, J, K and dozens of other steps. Once you know the step, you own it and can do it without following an instructor's personal choreography. Because the steps follow the same structure, whether you are doing it in Taiwan, Australia, England or the US, Bokwa® is truly universal. Come see what everyone is talking about around the Y! Meant for people with two left feet, so no experience is required.

Circuit Training

This class is a high-energy, total-body workout that focuses on every muscle group at an intensity that will simultaneously improve your cardiovascular strength and endurance. Using an exciting mix of a cardio warm up, followed by resistance training, weight training, agility training, stability balls, stretching, and a variety of moves making this class the fastest and most challenging hour of your day. Appropriate for all fitness levels.

Cycle Strong & Lean

High-energy one hour group cycle class that will exhilarate and challenge your cardiovascular system, geared towards all fitness levels. This class will be sure to build strength and cardio endurance while burning fat! Cycle your way to your goals with a soundtrack that ranges from Rock & Roll, Hip Hop, Funk and Top 40 Hits. The instructor will keep you motivated and cued throughout the entire class which consists of a warm-up, climbing and strength drills, sprint/speed intervals with a cool down and stretch. Grab your towel and water and prepare to be challenged while having fun!

Cycle & Sculpt

30 min of group cycle and 30 minutes of muscle conditioning. Looking to effectively train every part of your body? Ride the bike and sculpt your body in one workout – cycling and off the bike exercises will help you get the results you want. All fitness levels welcomed.

Dance, Dance, Dance

Today there is a line dance for just about any song you can think of. Dance, Dance, Dance is a contemporary line dance that helps you improve your confidence and coordination. We will teach you all the footwork—triple steps, the turns, the rocking steps. Get a great cardio and aerobic workout while having fun dancing! Two left feet are not a deal breaker, all fitness and dancing levels welcomed.

Hard Core

Full 30 minutes of core-shaping movements to get that six pack you always wanted. Members will improve muscular strength in their upper and lower abdominals as well as the lower back. Class is appropriate for all fitness levels.

Hatha Yoga

In Hatha Yoga you will improve flexibility, strength, posture, and mental concentration, relieve stress and focus the mind through the use of asanas (poses), pranayama (breathing techniques), meditative techniques including visualizations, and deep relaxation (savasana). Hatha Yoga is geared towards middle and intermediate levels.

H.I.I.T.

A full body High Intensity Interval Training (HIIT) incorporates weights, cardio and plyometrics. Each class varies between boot camp circuits, cardio kickboxing, and Tabata geared towards intermediate and advanced fitness levels.

Insanity

Insanity is a revolutionary cardio based total body conditioning program built on the principles of High Intensity Interval Training geared towards intermediate and advanced fitness levels. This workout will incorporate intervals of plyometrics, upper body resistance, pure cardio, cardio abs, and recovery. Get ready to sweat and Dig Deeper!

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Intro to Yoga

For new and experienced students looking to improve flexibility, and relieve stress. Learn proper alignment for a safe and healthy practice. Poses will be broken down to get acquainted with the foundation of each pose.

Kick & Sculpt

Combination of kick boxing and step aerobics. Strengthen your whole body with this exhilarating, stress-relieving class that incorporates high intensity cardio followed by strength training using body bars and dumbbells. Punch, kick and lift your way to a stronger you.

Kickboxing

Calling all warriors! Using punching bags, kick and punch your way to a fitter and healthier you. All fitness levels welcomed to have the time of their lives while building cardiovascular and muscle strength. Boxing gloves are required for this class.

Line Dancing

Get up, have fun, and move to the beat! Line Dancing is for beginners, intermediate, and advanced dancers who would like to learn line dancing moves and grooves! Come check out why Doug earned the nickname "X-Man" as one of the best instructors in NJ!

Muscle Mix

Muscle Mix is a total body muscle conditioning class that utilizes dumbbells, bands, and more to work all your major muscle groups. Each class has a full body focus with a good balance of strength and cardiovascular work. This class is appropriate for all fitness levels.

Mat Pilates

This Pilates class will provide instruction on how to properly perform Pilates exercises. The exercises will, for the most part, be conducted on the floor on a mat. Pilates uses one's own body weight as resistance and is designed to work every muscle in the body in an efficient focused manner. Pilates exercises are designed to strengthen, lengthen and align the body and place an emphasis on proper breathing during the exercises. Develop functional strength that will not only enhance your waistline but aid you in performing everyday tasks.

Mat Pilates (Intermediate)

For those familiar with the fundamental level of Pilates exercises. This Pilates class will be a step up from the basic fundamentals of Pilates.

Exercises will be progressed to give participants more of a challenge during this faster paced class.

Pilates & Stretch

A little less Pilates and a little more stretch. For beginners and the experienced. This class will focus on developing flexibility, recovery and will be a good break between the Tuesday and Thursday mat classes.

Pilates on the Ball

This class will focus on your CORE, also known as your "Powerhouse". It will increase your flexibility and balance while toning and strengthening your body. The stability ball offers more ease to your joints while gaining the same exercise benefits and every more! Light weights will also be used while "sitting" on the ball. Appropriate for all fitness levels.

Power Yoga

This is a rigorous and athletic class not for first time students. It combines asanas and pranayamas in a format designed to create strength and flexibility. You will need to have knowledge of basic yoga postures although variations of asanas will be presented.

POUND

POUND is a full-body cardio jam session, combining easy-to-follow cardio moves with strength training and drumming. The workout fuses Pilates, isometric movements, plyometric and yoga-based poses. Blow of steam while burning calories, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique.

Strong By Zumba

STRONG by Zumba™ combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.

Advanced Step Aerobics

This intense 45 minute class is an excellent total body workout. Have fun learning choreographed step routines to high energy music. Step heights can be tailored to individual needs and fitness levels. Step up, down, over and around with us in this fun and energetic cardio workout.

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Step Mania

Very advanced step aerobics with intense moves and a long endurance emphasis. Great for any level of student who is looking for great class that incorporates toning and strengthening moves with lots of sets built in with a variety of equipment.

Strength Yoga

A mindful and powerful Vinyasa practice accessible to all mid to advanced levels linking movement to breath, flowing through each pose finding the calm within the strength of your mind, body, and spirit.

Stretch & Flex

A great way relax and increase your flexibility. We stretch all major muscles standing, sitting, supine, and prone. Appropriate for all fitness levels and abilities.

Total Body Ball

A total body muscle conditioning class where we use the large rubber stability ball to get a total body workout. Class is great for anyone looking to build muscular strength and stability in a low impact way.

Vinyasa Yoga

Vinyasa is a slow flowing class, moving you slowly from one pose to the next concentrating on strength and balance. Appropriate for all fitness and ability levels.

willPower & Grace

Condition Your Body. Focus Your Mind. Elevate Your Spirit. The toning benefits of cardio-sculpt; the intensity of boot camp; the self awareness of yoga; the discipline of Pilates; and the uplifting philosophy of a meditation session. Formatted fusion of postures and drills, this workout is as philosophical as it is physical; a full-body functional workout meets sports psychology. We integrate the smartest and safest barefoot training methods to strengthen your feet and lower chain, while conditioning the entire body and yielding a high caloric burn. This unique workout appeals to "morning moms", sports athletes, and teens, but must be experienced to be understood.

Yoga – Grace Moves, Back Care, Gentle

These classes are designed for specific training. **Grace Moves** will help participants soothe themselves with poses, breath work and scripture, honoring your body as a sacred temple. All faiths welcome.

YOUTH Yoga

Youth ages 6-12 years are welcome to learn the basics of Yoga in a fun, interactive environment. All fitness levels/experience welcome!

ZUMBA

Ditch the workout and join the party – exercise has never been so fun! This exciting, easy to follow cardio dance class combines high energy and booty shaking Latin music. This class will make you feel like you are partying on the dance floor. All fitness levels welcomed.

ZUMBA Toning

A Latin inspired dance fitness class with extra emphasis on toning and sculpting. Lightweight maraca-like toning sticks are used to enhance your sense of rhythm and coordination, while toning target zones, including arms, core and lower body.

Aquatics:

Water Aerobics

This high intensity cardio workout will improve flexibility, muscular strength, body toning, and shaping. Class is geared toward individuals who have been exercising regularly.

Water Fitness

This class combines cardiovascular work and muscle conditioning. Participants of all levels are welcome.

Deep Water Fitness

This non-weight-bearing exercise program is designed to tone and shape muscles and increase cardio fitness. A great class for people with arthritis, sports injuries, or joint replacements.

Aqua Zumba

All the Zumba, no impact! Come enjoy dancing and swimming Zumba in the pool. The pool is a great place for members who need low impact classes!

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AOA Classes

AOA Aquafit

This water fitness program combines the cardiovascular benefits of aerobics with flexibility, strengthening and range of motion exercises.

AOA Aquafit Plus

This fast-paced, fun-filled class promotes cardiovascular health, flexibility, weight loss and increased strength.

AOA Aqua Zumba®

Have fun with the low-impact, high-energy 45-minute water workout! You'll make a splash with this wet and wild party in the pool!

AOA Chair Yoga - Getting Fit While You Sit!

Enjoy the many benefits of yoga in this 45-minute class that promotes relaxation and concentration while performing yoga postures on a chair. This program is appropriate for those with physical limitations.

AOA Cycling

Try this indoor cycling class for a challenging workout to help reduce body fat, tone muscles and promote cardiovascular fitness.

AOA Funky Fitness

A low impact cardio dance class that incorporates moves with music from the 50's through today's popular hits.

AOA Gentle Yoga

This course will focus on balance, joint flexibility, strength, proper breathing and relaxation. Regular yoga practice leads to better health, adding mobility to the spinal column, strengthening the abdominals and helping to alleviate back pain.

AOA Light Weight Workout

This 45-minute strength training program utilizes dumbbell weights (1 – 3 lbs.) with emphasis on proper technique and safety. Exercises can be performed while seated on chairs or stability balls, as well as standing on the floor.

AOA Pilates & Stretch

For those looking for a challenging workout, this class will provide exercises performed on floor mats utilizing Pilates rings to strengthen the body's core muscle groups.

AOA Pilates for Beginners

Learn the basic techniques of Pilates and gain a better understanding of the philosophy while improving posture and body alignment.

AOA Shape Up

This program consists of low impact aerobics for cardiovascular conditioning combined with mat work to firm up the hips, thighs, buttocks and abdominals.

AOA Steppin' EZ

A beginner program designed to teach the basics of step aerobics. This 45-minute class also includes warm up, cool down and stretching exercises.

AOA Strength Training

Dumbbell weights (3 – 10 lbs.) are provided for this weight training program to strengthen and tone muscles, increase stamina and help to prevent osteoporosis.

AOA Tai Chi

Tai Chi is a mind-body exercise which integrates slow, intentional movements with breathing, mindfulness, and imagery. It gently exercises all joints and muscles of the body and is ideal for people of all levels of physical conditioning. Tai Chi may help relieve stress and tension, and improve your balance, coordination, and posture. Classes will be taught by Lee Atwater, Tai Chi Instructor since 1990.

AOA Zumba Gold®

This 45-minute aerobic dance fitness program incorporates exciting Latin-style music to provide a safe and total body workout geared for the active older adult.